CLAIMS

1. A topical lotion for relieving pain, swelling or inflammation comprising:

extract prepared by steeping oatstraw in water heated until hot and tiny bubbles have formed.

- 2. The topical lotion according to claim 1 wherein the water is filtered and magnetized water.
 - 3. The topical lotion according to claim 2 including glycerine.
 - 4. The topical lotion according to claim 3 including layender oil.
- 5. The topical lotion according to claim 4 wherein the glycerine is vegetable glycerine.
- 6. The topical lotion according to claim 4 wherein the topical lotion consists essentially of:

at least 50% oatstraw extract;

at least 25% glycerine; and

0.1-0.2% lavender oil.

the sum of these three components being 100%.

7. The topical lotion according to claim 5 wherein the topical lotion consists essentially of:

0.1% lavender oil?

25% vegetable glycerine; and

q.s. to 100% filtered oatstraw extract in filtered and magnetized

water.

8. A method of treating pain, swelling, itching or inflammation

comprising:

providing a topical lotion the lotion consisting essentially of:

at least 50% oatstraw extract, said oatstraw extract prepared by steeping oatstraw in water heated until hot and tiny bubbles have formed;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%; and

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applying the lotion toxically to inflamed, painful or swollen areas.

9. The method according to glaim 8 wherein the pain, swelling, itching or inflammation is caused by a condition selected from one of the following: psoriasis; skin poisoning from plants, shingles, measles; chicken pox; boils; sun damage; burns; sunburns; acne; reczema; rosacea; dermatitis; insect bites; herniated discs; back and/or leg spasms; sore or damaged muscles, ligaments and tendons; bruising; headaches; and arthritis.

17. An additive comprising:

a mixture consisting essentially of:

at least 50% oatstraw extract, said oatstraw extract prepared by steeping oatstraw in water heated until hot and tiny bubbles have formed;

at least 25% glycerine and

0.1-0.2% lavender oil,

the sum of these three components being 100%; and

a suitable carrier.

A hair or body product comprising:

a mixture consisting essentially of:

at least 50% oatstraw extract, said oatstraw extract prepared by steeping oatstraw in water heated until hot and tiny bubbles have formed;

at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%; and

a suitable carrier.

19. The body or hair product according to claim 18 selected from the group consisting of: body washes; shaving creams; shaving gels; shaving lotions; shampoos; conditioners; body lotions; moisturizing lotions; facial and wrinkle lotions; hand lotions; body creams; hand creams; facial creams; aftershave lotions; skin cleansing preparations; make-up removers; personal deodorants; suntain oil preparations; sunscreen preparations; sun block preparations; lip balms; aromatherapy products; massage gels; foot lotions; facial masques; pimple/acce pr parations; facial and body firmers; pore size reducing preparations; styling lotions; and styling sprays.

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20. A process for preparing a topical lotion comprising: providing a quantity of oatstraw; providing water heated until hot and tiny bubbles have formed; placing the oatstraw in the heated water;

steeping the oatstraw in the heated water, thereby producing an oatstraw mixture:

filtering the oatstraw mixture, thereby producing an oatstraw extract;

mixing the oatstraw extract with glycerine and lavender oil, thereby producing a topical lotion.

- 21. The process according to claim 20 wherein the heated water is filtered and magnetized water.
- 22. The process according to claim 21 wherein the topical lotion consists essentially of:

at least 50% oatstraw extract; at least 25% glycerine; and

0.1-0.2% lavender oil,

the sum of these three components being 100%.

24. The method according to claim 8 wherein the pain, swelling, itching or inflammation is caused by a condition selected from one of the following: leprosy; cold sores; colds and flu; sinus congestion; menstrual bloating; menstrual cramps; foot pain; parasitic infections; varicose veins; fibromyalgia; multiple sclerosis; cancer treatments; internal organ injuries; and brain and nerve surgery.

25. A topical lotion for relieving pain, swelling or inflammation comprising:

a the active ingredient consisting of oatstraw extract, said oatstraw extract, said oatstraw extract, said oatstraw extract, said oatstraw extract prepared by steeping oatstraw in magnetized water.